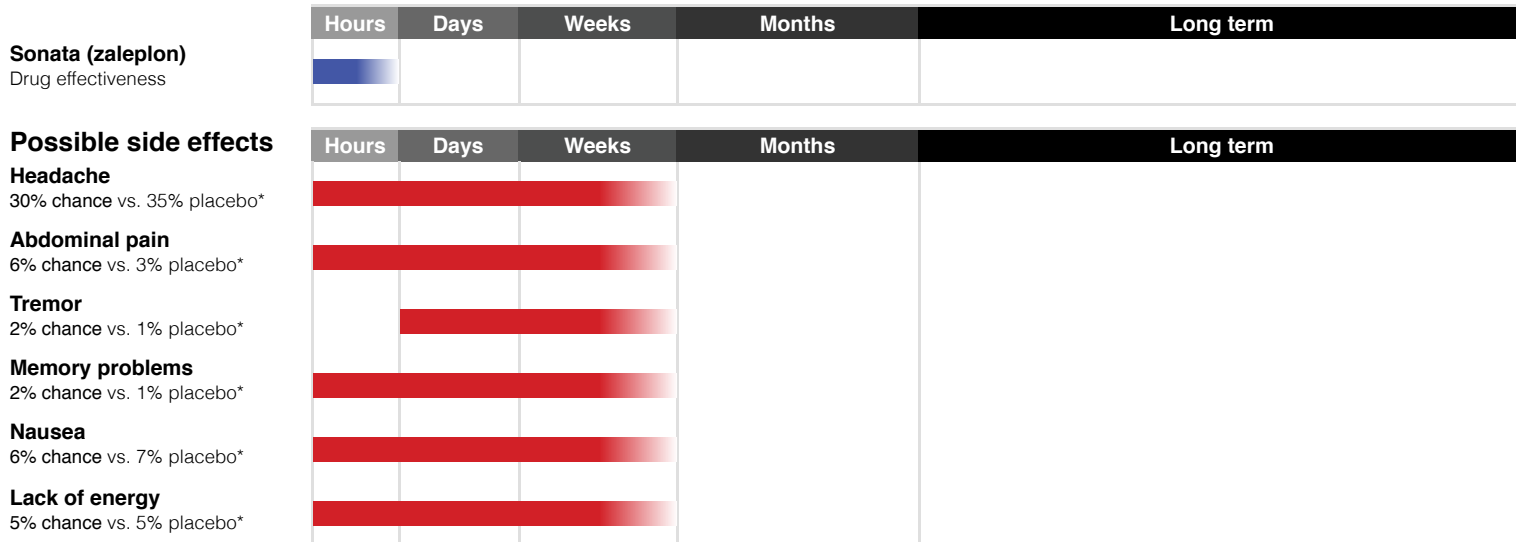


Sonata (zaleplon) basics

Helps you fall sleep. Sonata (zaleplon) aids in falling asleep, but it's not as good with helping you stay asleep or with waking up in the middle of the night.

What to expect when starting

Here's when people typically experience benefits as well as some possible side effects. Your experience may be different.



* Placebo is a sugar pill with no medicinal benefit.

Tips from pharmacists

- Sonata (zaleplon) can begin working in as little as 15 minutes. Take it as soon as you are ready for bedtime.
- Only take it if you have time to sleep for at least 7 hours.
- Sonata (zaleplon) can cause dependence, and is only meant to be used for up to 2 weeks. Dependence on Sonata (zaleplon) for sleep can start after you've used it daily for 2 weeks.
- Taking Sonata (zaleplon) with bedtime snacks may prevent it from working as well. It works best if taken without food and avoid taking it with alcohol or medications.
- Withdrawal symptoms usually get better in 1-2 days.

Risks and warnings

Contact your doctor if you experience any of these.

Dependence and withdrawal

All medicines in the same category as Sonata (zaleplon) have a risk of physical dependence. Dependence means that you can feel withdrawal symptoms if you stop taking the medication suddenly if you've been taking it for a long time. Use of Sonata (zaleplon) for longer than 7 to 10 straight days may be a sign of an underlying mental illness which is contributing to your insomnia. Talk to your doctor about natural ways to improve sleep, sleep hygiene, and possibly other conditions that may be making it difficult to sleep.

Hangover feeling the next day

Sonata (zaleplon) impairs your ability to focus, think, and react. These effects can extend to the morning after taking Sonata (zaleplon). Be careful and avoid activities that require you to be alert, such as driving a car or operating machinery, until you know how this medication affects you.

CNS depressants and abnormal thoughts

Sonata (zaleplon) can cause bizarre behavior, agitation, and hallucinations. It's also a central nervous system (CNS) depressant, and can interact with other CNS depressants, including antihistamines, opiates, and alcohol. Avoid using these with Sonata (zaleplon), as it can worsen side effects. Tell your doctor if you notice any unusual changes in behavior.